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The Effects of Physical Activity on Math Skill Acquisition

Lauren Rosasco

Illinois Wesleyan University

Venus Evans-Winters, Faculty Advisor

Illinois Wesleyan University

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Poster Presentation P68

THE EFFECTS OF PHYSICAL ACTIVITY ON MATH SKILL ACQUISITION

Lauren Rosasco and Venus Evans-Winters*

Educational Studies Department, Illinois Wesleyan University

The purpose of this poster presentation is to show the relationship between physical activity and math skill acquisition. We observed one fourth-grade class who used a dance program prior to math class and one fifth-grade class who engaged in traditional physical education after math class. A survey was used to evaluate students' beliefs about physical activity as well as samples of math grade reports to measure students' academic performance and beliefs about physical health. Preliminary findings show that those students who received some type of physical activity prior to math instruction were more likely to have positive results in acquiring math skills. Multiple expert researchers in the field supported these results. This research has implications for the importance of physical activity within the academic school day and the importance of exercise for young children. We hope that the results of this study will encourage school funding for exercise opportunities to improve academic achievement.